DOCUMENT RESUME

ED 210 606 CG 015 631

AUTHOR Farber, Stephanie S.; And Others
TITLE Parental Separation/Divorce and Adolescents: An Examination of Factors Mediating Adaptation.
PUB DATE Aug 81
NOTE 44p.; Paper presented at the Annual Convention of the American Psychological Association (89th, Los Angeles, CA, August 24-26, 1981). Best copy available.

EDRS PRICE MF01/PC02 Plus Postage.
DESCRIPTORS *Adolescents; Age Differences; Anxiety; Coping; *Divorce; *Family Problems; *Interpersonal Competence; *Parent Child Relationship; Parent Role; *Self Concept; Sex Differences; Stress Variables; Young Adults

ABSTRACT

Parental separation or divorce is a life transition experienced by a significant number of adolescents every year. To examine the relationship between differences in current adjustment and a number of demographic, personal, and situational factors, 65 college students, aged 17-23 who had experienced parental separation or divorce between the ages of 12 and 21, completed questionnaires. A series of measures designed to examine the impact of parental separation/divorce on adolescents and to identify salient individual and situational adjustment mediators were administered to subjects. Multiple regression analyses revealed several factors to be particularly salient mediators of the adolescents' post-divorce adjustment, including distance from home, personal coping style, family cohesion, parental remarriage, and the use of family members for support. Subjects who were farther from home had lower estimations of personal worth and were more anxious, depressed, and hostile than subjects closer to home. Females had more positive views of themselves as individuals, but also reported more anxiety and depression than males. Subjects' current age and their age at the time of parental separation were the most consistent significant predictors of perceptions of family environment. The findings suggest that a life transition framework may best mirror the quality of the divorce experience. (Author/NRB)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED210606

BEST COPY AVAILABLE

Parental Separation/Divorce and Adolescents: An Examination of Factors Mediating Adaptation

Stephanie S. Farber[1] and Judith Primavera

Yale University

Robert D. Felner

Auburn University

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☒ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official NIE position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Stephanie S. Farber

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Paper presented at the 89th Annual Convention of the American Psychological Association, Los Angeles, CA, August 1981.

CG 015631

Running head: Parental Divorce and Adolescents

[1]Requests for reprints should be sent to Stephanie S. Farber, Yale University, Department of Psychology, Box 11A Yale Station, New Haven, CT 06520

Parental Separation/Divorce and Adolescents: An Examination of Factors Mediating Adaptation

As the rate of divorce has risen in the United States over the past two decades (Glick & Norton, 1977), increasing numbers of children and young adults are being affected (National Center for Health Statistics, 1977). Based on the current divorce rate, Bane (1979) has estimated that during the 1970's, 30 percent of American children under age 18 experienced parental divorce. The number of "children" over age 18 affected by parental divorce is more difficult to determine because of the relative paucity of statistical records for this age group. However, data reported by 18 states in 1969 (National Center for Statistics, 1973) showed that an average of 16 percent of the total number of children of divorce, or approximately 164,000 per year, were 18 or older. Thus, it appears that parental divorce is a life event experienced both by large numbers of younger children and by significant numbers of older adolescents and young adults as well.

Felner, Farber, and Primavera (1980) have argued that a "transitional life event" framework may be most appropriate for understanding the post-divorce adjustment of family members. Such a framework draws from conceptualizations of the process of coping with life stress in general (Lazarus & Launier, 1978) and with stressful life events in particular (Dohrenwend, 1978). However, in contrast to the stressful life events framework which focuses on an individual's time-limited response to a particular, unitary, stressful event, Felner, Farber, and Primavera (1980) emphasize that adaptation to marital dissolution involves a

transitional process which may extend over a prolonged period of time and which may engender further stressors. This model emphasizes that in order to understand an individual's response to marital dissolution it is also important to understand the psychological and situational mediating factors (Dohrenwend, 1978) that define the context surrounding his/her efforts to adapt to the new life circumstances engendered by the stressful event. Personal and psychological mediating factors include background and demographic characteristics of the individual as well as coping response styles. Situational mediators include characteristics of the external environment which impinge upon the individual, such as social and material supports and additional environmental stressors.

Of those personal and psychological characteristics which may mediate the impact of parental divorce, the child's age at the time of the event has received a great deal of attention. The results of studies in this area, however, are equivocal. Landis (1960), in a study of children who were 5-16 at the time of parental divorce, found that those who were younger when the divorce occurred (ages 5-8) rated themselves as happier, less upset, and more secure than those who were older. By contrast, Hetherington (1972) found that among adolescent girls ages 12-17 those who had experienced parental divorce before age 5 displayed more difficulties in their interactions with males than subjects who experienced parental divorce at a later age. Finally, other investigators (Mainline & Feig, 1978; Young & Parish, 1977) have failed to find any clear relationship between later adjustment or heterosexual interaction patterns and the age at which parental divorce has occurred.

It is important to note that these prior studies have primarily utilized samples in which the actual parental divorce occurred in childhood or early-middle adolescence (e.g., age 13-16). Largely ignored has been the potential impact of parental divorce on the large numbers of college age adolescents and young adults who are older at the time of the event (e.g., age 17-22). A study by Wallerstein and Kelly (1974) does shed some light on the responses of individuals in this older age group. They reported that the 21 adolescents included in their study of divorce experienced this transition as extraordinarily painful, with the majority displaying anxiety about finances, concern about their future as marital partners, both a devaluation and acceleration of individuation from their parents, and heightened awareness of their parents as sexual partners. However, the adolescents in their sample encompassed a broad developmental span, ranging in age from 13-19, and no distinctions were made between the reactions of younger and older adolescents.

Other personal and psychological variables which have received some attention as potential mediators of adaptation to parental divorce have been the child's sex and coping resources. For younger children differential responses to parental divorce have been clearly found to be associated with sex differences (Hetherington, Cox, & Cox, 1978; McDermott, 1968; Wallterstein & Kelly, 1975). However, only minimal work on this issue has been reported for adolescents. To date, studies examining the responses of adolescents to parental divorce have generally utilized single sex populations, or have included no direct comparisons between males and females. Moreover, a particularly troublesome aspect of the

literature on adolescent response to parental divorce is the general paucity of studies focusing on male adolescents (Farber, 1980).

The coping resources and response styles of the individual have also been pointed to as mediators of the impact of parental divorce. For example, in a retrospective interview study Luepnitz (1979) found that adolescents utilized a wide array of coping responses and resources in attempting to adapt to parental divorce, including such coping strategies as withdrawal, intervention in parental conflict, seeking alternative sources of gratification, avoidance of home, and turning to both formal and informal sources of social support. Little work exists, however, which directly explores the relationship between the particular pattern of coping responses used by children or adolescents and their adaptation to parental divorce.

Several recent reviews of the literature (Felner, Farber, & Primavera, 1980; Hetherington, 1979) have identified a number of situational factors which may potentially mediate the differential vulnerability of family members experiencing divorce. These include the level of parental conflict surrounding the divorce and the degree to which the child or adolescent is drawn into that conflict (Raschke & Raschke, Note 1; Raschke, 1977; Wallerstein & Kelly, 1974), the availability of social supports (Cauce, Felner, & Primavera, in press), parental remarriage and the associated tasks of adapting to a new family system (Burchinal, 1964; Young & Parish, 1977), and other life stressors and changes which are frequently correlates of parental divorce and which may confound or exacerbate

the impact of parental divorce for the adolescent (Felner, Farber, Ginter, Boike, & Cowen, 1980).

It is important to note, however, that while there is sufficient evidence to make it clear that the situational variables noted above may be important mediators of a child's or adolescent's vulnerability to parental divorce, the strength and direction of the findings has, in many areas, been equivocal or even contradictory. Several factors may account for these seeming inconsistencies. Methodological differences such as using different age populations or focusing on different adjustment criteria may account for some portion of the variation in findings. Indeed, in attempting to elaborate the salience of specific situationsl mediators it may be particularly important to control for sample or measurement differences. An example may help clarify these issues. In the case of parental remarriage several studies have yielded seemingly quite different results. Burchinal (1964) reported that among a group of younger male and female adolescents (seventh and eleventh graders) from intact, single parent, and reconstituted families, there were no significant differences on measures of personality characteristics or school and community adjustment. By contrast, Young and Parish (1977) found that for college age females, daughters from divorced homes demonstrated greater insecurity and more negative self-evaluations than their counterparts from intact or reconstituted families. As a result, Young and Parish (1977) come to very different conclusions from Burchinal about the implications of parental remarriage for adolescent adjustment. It is clear that both the populations and adjustment criteria utilized in these

studies are very different. Thus, these differential findings across studies should not be viewed as mere contradictions but, rather, as meaningful data which enables us to more fully understand the influence of parental remarriage for the different populations in the specific areas of adjustment which they explored.

In summary, while it seems clear that personal and situational mediators, such as those noted above, may influence the vulnerability of adolescents to parental divorce, the relationship between these mediators and specific areas of adjustment, as well as the relative importance of these variables in influencing an adolescent's adaptation to parental divorce, remains to be further clarified. The present study was designed to focus broadly on these considerations as well as to further explore the effects of parental divorce both on older and younger adolescents. More specifically, this study will examine the relationship between differences in adaptation and a number of personal, situational, and environmental variables for a group of adolescents, age 17-23, all of whom had experienced parental separation or divorce between the ages of 12 and 21.

Method

Subjects

Subjects in this study were 34 male and 31 female late adolescent college students, age 17-23, who had experienced parental separation or divorce at age 12 or older. Chi-square analyses revealed no significant differences between the male and female subjects in current age, socio-economic status (SES), ethnic background, religion, or age at occurrence

of event. A series of measures (cf. below) designed to examine the impact of parental separation/divorce on adolescents and to identify salient individual and situational adjustment mediators for this population were individually administered to all subjects.

Measures

Indices of Adjustment

To facilitate comparison of the results of the present study with prior work, criterion measures were selected which examine areas of adjustment which previous work (Hetherington, 1979; Longfellow, 1979) suggests may be potentially affected by parental divorce. Specific criterion measures utilized were:

State-Trait Anxiety Index (STAI). The STAI (Spielberger, Gorsuch, & Lushene, 1970) is comprised of separate self-report scales measuring two distinct anxiety concepts: state anxiety (SANX) and trait anxiety (TANX). The two scales are composed of 20 items which subjects rated on a four-point scale according to how they feel "at this moment" (SANX) or how they "generally feel" (TANX). Higher scores on each scale indicate greater state or trait anxiety, respectively.

Multiple Affective Adjective Checklist (MAACL). The MAACL (Zuckerman & Lubin, 1965) is a 132-item adjective checklist designed to assess three relatively negative affects: anxiety (ANX), 20 items; depression (DEPRESS), 40 items; and hostility (HOSTIL), 28 items. The General form of the MAACL which asks individuals to check those adjectives which describe how they feel "in general" was administered. One adjective was dropped from the scale ("gay") because of its additional connotations and was omitted

from scoring on the DEPRESS scale. Higher scores on each of the subscales reflect, respectively, greater presence of anxiety, depression, and hostility.

Tennessee Self Concept Scale (TSCS). The TSCS (Fitts, 1965) consists of 100 self-descriptive items designed to assess an individual's perception of him/herself. Each item is rated on a five-point scale ranging from 1 = "completely false" to 5 = "completely true." This instrument provides individual self-concept scores along the following dimensions: Physical self (PHYS), 15 items; Moral-Ethical self (MOR), 15 items; Personal self (PER), 15 items; Family self (FAM), 15 items; Social self (SOC), 15 items; and an overall measure of self-esteem (PSCORE). Higher subscale and overall scores indicate more positive self-concept.

Background/Demographic Characteristics and Personal Mediators

Two instruments were employed to examine the family background/demographic characteristics of the adolescents and potential personal coping resource mediators of their post-divorce adjustment. These included:

Demographic Information Sheet. The Demographic Information Sheet sought information on the following demographic/background characteristics for each subject: current age, sex, religious preference, ethnic background, parents' marital status, age at time of parental separation, and distance of college from permenant residence. Family SES was also determined in accordance with Hollingshead's Four Factor Index of Social Status (Note 2).

Coping Response Repertoire (CRR). The CRR was developed by Farber (1980) to assess the frequency with which individuals utilize various coping strategies across different situations. The CRR is composed of two major sections. In Section I, subjects were asked to rate the frequency with which they use each of 63 coping strategy items drawn from Lazarus (Note 3) and McCubbin, Boss, Wilson, and Dahl (1979) (e.g., "Blame or criticize yourself," "Decide to make the best of things") on a five-point frequency scale when dealing with four general situations. These four general situations included: (a) being overwhelmed with the amount of work and other demands and the lack of time in which to complete them; (b) having your boyfriend/girlfriend "break-up" with you; (c) being in conflict with your parent(s) over an important decision; and (d) having a "falling out" with a group of your close friends.

Principal component factor analysis of this instrument has revealed eight general coping response factors (Farber, 1980): (a) INTROJECTION OF BLAME (3 items), (b) SEEK INSTRUMENTAL ADVICE/AID (2 items), (c) MAKE LIGHT OF SITUATION (3 items), (d) PROBLEM SOLVE (3 items), (e) FORMAL SUPPORT (2 items), (f) DEAL WITH SIGNIFICANT OTHERS INVOLVED (2 items), (g) EXPRESS FEELINGS (2 items), and (h) DISPLACEMENT (2 items). Factor scores were obtained by summing individual ratings of each of the items included in the factor structures. Higher scores on each factor indicate greater utilization of these coping strategies.

Section II of the CRR (CRR-Parental Divorce) follows the same format described above but focuses on the frequency with which individuals utilize these same 63 coping strategy items when dealing specifically with

their parents' separation or divorce. Factor scores were computed as in Section I.

Situational Mediators

The five measures described below were utilized to measure situational variables previously pointed to as potentially important mediators of the adolescents' post-divorce adjustment (Felner, Farber, & Primavera, 1980). It should be noted that prior work (Felner, Farber, Ginter, Boike, & Cowen, 1980; Felner, Farber, & Primavera, 1980) has suggested that perceptions of family environment and levels of daily and divorce-related stress are dimensions of an individual's environment which may be both impacted by the occurrence of parental divorce and serve as potnetial mediators of post-divorce adjustment. Thus, in several analyses three instruments described below, the Family Environment Scale, Hassles of Daily Living Survey, and Hassles of Divorce Survey, were employed as criteria variables.

Life Experiences Survey-Revised (LES-R). The Life Experiences Survey (Sarason, Johnson, & Siegel, 1978) is a 57-item self-report instrument designed to assess the occurrence, valence, and impact of events experienced within designated time periods. The LES-R used in this work contains a total of 44 items, including those items from the original Life Experiences Survey relevant to college students, several additional items particularly salient to this population (e.g., "choosing a major," "academic probation"), as well as space for subjects to add additional experiences perceived to have had an impact on their lives. Subjects were asked to rate the impact of each event which had occurred on a

five-point scale ranging from +2 = "extremely positive" to -2 = "extremely negative." Separate ratings were sought for each event during two time periods preceding administration, 0-12 months (LES-R1) and 13-24 months (LES-R2).

For each time period, three scores were computed as recommended by Sarason et al. (1978): (a) a Directional Change Score (DIR) was obtained by summing the impact ratings of events designated as positive or negative; (b) a Negative Change Score (NEG) and (c) a Positive Change Score (POS) were obtained by summing the impact ratings of events designated as negative or positive, respectively. In addition, a Number of Events Score (NUM) was determined by adding the number of events, both positive and negative, that had occurred during each time period, and a Total Score (TS) was obtained by summing the impact ratings of all events experienced, regardless of positive or negative valence.

Survey of Social Support (SSS). The SSS, developed by Farber (1980), assesses both the frequency with which various individuals are sought for social support and their perceived helpfulness in providing such support. The SSS is comprised of two major sections. In Section I, subjects were asked to rate on a four-point frequency scale how often they utilize each of 16 individuals (e.g., sibling, mental health professional) when they seek: (a) information, guidance, or specific assistance in dealing with a problem in daily living, and (b) emotional support in dealing with a personal problem. In addition, subjects rated how helpful they perceive each of these sources of social support to be for each type of problem on a four-point helpfulness scale.

Factor analysis of the SSS (Farber, 1980) has revealed four social support "frequency" factors: (a) PEER SUPPORT (3 items), (b) FORMAL SUPPORT (2 items), (c) SELF (1 item), and (d) FAMILY SUPPORT (3 items); and three social support "helpfulness" factors: (a) FORMAL SUPPORT (8 items), (b) PEER SUPPORT (3 items), and (c) FAMILY SUPPORT (3 items) which accounted for approximately 92 and 99 percent of the total variance, respectively (Farber, 1980). Factor scores were obtained by summing individual ratings for each of the items included in the factor structures. Higher scores indicate that subjects utilize these social supports more frequently or perceive them to be more helpful.

The second section of the SSS (SSS-Parental Divorce) follows the same format described above and assesses the frequency of utilization and the perceived helpfulness of social supports sought by adolescents when they seek (a) information, guidance, or specific assistance, and (b) emotional support in dealing with their parents' separation or divorce.. Factor scores were derived as described in Section I.

Hassles of Daily Living Survey. The Hassles of Daily Living Survey, drawn from a similar instrument developed by Lazarus (Note 3) to assess the amount of stress experienced by individuals in their daily lives, is comprised of 61 items relevant for adolescents in a college environment (e.g., "Misun-erstandings iwth other students," "Not enough privacy," "Too many academic demands"). Subjects were asked to rate the amount of stress associated with each item on a four-point scale.

Principal component factor analysis of this measure has revealed ten hassle factors: (a) ACADEMIC DEMANDS (9 items), (b) CONFLICTS WITH

PARENTS (5 items), (c) DISCRIMINATION (3 items), (d) INTERPERSONAL DIFFICULTIES (3 items), (e) RELOCATION ADJUSTMENT (4 items), (f) FINANCIAL STRAIN (3 items), (g) JOB ADJUSTMENT (2 items), (h) PRIVACY (1 item), (i) SOCIAL PRESSURE (2 items), and (j) ISOLATION (5 items) which accounted for approximately 83 percent of the total variance (Farber, 1980. Factor scores were obtained by summing individual ratings for each of the items included in the factor structures. Higher factor scores indicate that subjects experience greater daily stress.

Hassles of Divorce Survey. The Hassles of Divorce Survey (Farber, 1980) assesses the amount of stress adolescents experienced in relation to the separation or divorce of their parents. This instrument is comprised of 23 items selected as potentially salient for adolescents experiencing this life transitions (e.g., "Caught in loyalty conflict between parents," "Difficulty with school work due to increased family demands"). Subjects were asked to rate the amount of stress associated with each item on a four point scale.

Principal components of factor analysis revealed five factors: (a) FAMILY REORGANIZATION/CONFLICT (5 items), (b) SIBLINGS (2 items), (c) FAMILY RECONSTITUTION (2 items), (d) PARENTAL DEMANDS (2 items), and (e) LOYALTY CONFLICTS (2 items), which accounted for approximately 84 percent of the total variance (Farber, 1980). Factor scores were obtained by summing individual ratings for each of the items included in the factor structures. Higher factor scores indicate that subjects experience greater stress.

Family Environment Scale (FES). The FES (Moos, 1974) assesses family social environment as perceived by the individual. The 90-item true-false items of the FES comprise ten subscales which measures ten salient dimensions of family environment: Cohesion (COH), Expressiveness (EXPRESS), Conflict (CONF), Independence (INDEP), Achievement Orientation (ACHIEVE), Intellectual-Cultureal Orientation (INTCULT), Active-Recreational (RECREAT), Moral-Religious Emphasis (MORREL), Organization (ORGAN), and Control (CONT).

For this study, the true-false rating scale of the FES was expanded to a four-point rating scale, ranging from 1 = "mostly false" to 4 = "mostly true." Higher scores indicate that individuals perceive these characteristics to be more representative of their family.

Results

Results are presented in three major sections. The first section examines the relationship between the predictor variables of family background/demographic characteristics of the adolescent and adjustment criteria. The second and third sections focus on the relationship between current levels of adjustment and potential personal and situational mediators, respectively.

The primary data analyses employed were stepwise multiple regression analyses with the maximum R^2 option (Hocking, 1975). Entry criteria for variables were that they contributed significantly to the R^2 of the prediction equation and that both the overall model and the independent variables obtained a significance level of $p < .05$ (Harris, 1975).

Family Background/Demographic Characteristics and Adjustment

Four series of stepwise multiple regression analyses examined the relationship between the subjects' current level of adjustment and family background/demographic characteristics including current age, sex, SES, the distance between their college and family residence, their age at the time of parental separation, the amount of time passed since the separation, and whether or not their parent(s) had remarried. For these analyses, criteria indices included the STAI, MAACL, and TSCS as well as the FES, Hassles of Daily Living Survey, and Hassles of Divorce Survey. As noted above, these latter three instruments measure dimension of the subjects' environment which may both be impacted by the occurrence of parental divorce as well as serve as potnetial mediators of other effects of this life transition (Felner, Farber, Ginter, Boike, & Cowen, 1980; Felner, Farber, & Primavera, 1980). Hence, for this series of regression analyses, these instruments were used as criteria measures. The results of these analyses are summarized in Table 1a-1d.

Insert Tables 1a-1d about here

Distance from home was found to be a consistent predictor of poorer adjustment. That is, adolescents from divorced backgrounds who were farther from home had lower estimations of personal worth and were more anxious, depressed, and hostile than subjects closer to home. The subjects' current age, sex, and the occurrence of parental remarriage were also

significantly related to several of the adjustment indices, although not always in the same direction. For example, although female subjects had more positive views of themselves as individuals, they also reported being more anxious and depressed than their male counterparts. Futher, while subjects whose parent(s) had remarried perceived themselves to be more adequate in social interactions, their sense of personal worth as individuals was inferior to subjects whose parents had not remarried. It is also important to note that, in contrast to the importance attributed to the child's age at the time of parental separation and the amount of time that has passed since the separation by previous work (Hetherington, 1979; Longfellow, 1979) as mediators of adjustment, the present study found a relative lack of predictive utility for these factors when other background variables were included in the prediction equation (see Table 1a).

The regression analyses on the subscales of the FES revealed that the subjects' current age and their age at the time of parental separation were the most consistent significant predictors of perceptions of family environment. Current age was found to be positively related to family cohesiveness and negatively related to levels of organization and control. Subjects who were older at the time of separation perceived their families as less cohesive, less expressive of feelings, less encouraging of independence, and more controlling than did subjects whose parents separated earlier in their adolescence. It is interesting to note that distance from home, which was a significant mediator of adolescent adjustment in other areas, was the only background variable

that was not significantly related to ratings of any dimension of family environment (see Table 1b).

Regressions on the Hassles of Daily Living Survey factors revealed current age, sex, distance from home, and parental remarriage to be significant predictors of the amount of daily stress experienced. Of particular note is that adolescents whose parent(s) had remarried reported experiencing less financial stress and feeling fewer pressures from academic demands than did subjects whose parent(s) had not remarried (see Table 1c).

Analyses examining the relationship between background characteristics and the Hassles of Parental Divorce Survey factors showed older adolescents experienced greater amounts of stress due to family conflict, parental demands, and involvement in loyalty conflicts. Further, as would be expected, subjects whose parent(s) had remarried experienced greater stress from family reconstitution (see Table 1d).

Personal Mediators and Adjustment

Two series of stepwise multiple regression analyses focused on the relationship between adjustment as measured by the STAI, MAACL, and TSCS and both the adolescents' general coping style and the coping style employed in attempting to deal specifically with their parents' divorce. As can be seen from the above results, family background/demographic characteristics were, in many cases, systematically related to the personal and situational variables to be examined as potential mediators of adjustment in this and the following section. Hence, background variables were entered as covariates in these and all subsequent regression analyses in order to control for such effects.

Insert Tables 2a and 2b about here

Utilization of the coping strategy INTROJECTION OF BLAME, both in more general life situations and in relation to parental divorce, was found to be the most consistent predictor of adjustment. Adolescents who tended to more frequently blame or criticize themselves were found to be more anxious, depressed, and hostile. The coping styles MAKE LIGHT OF THE SITUATION and EXPRESS FEELINGS also proved to be significnat predictors of adjustment, although not in a consistent fashion across the situations. For example, subjects who, in general, tended to respond to life situations by not taking them too seriously reported less anxiety and depression. However, those who reported that they coped with their parents' divorce in a similar fahsion were found to have higher anxiety levels. Similarly, in the more general life situations, the coping style of expressing one's feelings was associated with lower levels of anxiety, but when used to cope with parental divorce, this strategy significantly predicted higher levels of anxiety.

Situational Mediators and Adjustment

These series of stepwise multiple regression analyses focused on the relationship between adolescent adjustment as measured by the STAI, MAACL, and TSCS and five potential situational mediators including perceptions of family environment, general daily and divorce-specific stressors, major life events experienced, and perceived social support. Table 3a - 3e summarizes the results.

Insert Tables 3a-3e about here

Regression analyses utilizing the subscales of the FES as predictor variables found the adolescents' perceptions of several dimensions of their family environment to be significantly related to adjustment. Subjects who rated their families as less cohesive experienced greater anxiety and had more negative feelings about themselves as family members. Further, the analyses revealed that subjects who viewed their families as more conflict-filled reported higher levels of anxiety and those who felt their families to be more controlling had higher hostility scores (see Table 3a).

Analyses utilizing the Hassles of Daily Living Survey factors as indices of the amount of daily stress experienced found that three sources of daily stress, ACADEMIC DEMANDS, DISCRIMINATION, and INTERPERSONAL DIFFICULTIES, were consistently related to poorer adjustment. In addition, SOCIAL ISOLATION proved to be significantly associated with several adjustment indices, although in contrasting directions. That is, while adolescents who experienced more difficulty in finding satisfactory social relationships were found to be more anxious, they also viewed themselves as being more adequate as individuals and in social interactions (see Table 3b).

In the analyses utilizing the Hassles of Parnetal Divorce Survey as predictor variables, stress associated with FAMILY REORGANIZATION/ CONFLICT proved to be the most consistent predictor of poorer post-divorce

adjustment. That is, subjects who reported experiencing greater degrees of stress due to divorce-related organizational conflict and change in the family were more anxious, depressed, and hostile. Further, adolescents who experienced greater stress related to their parent(s) remarriage were found to be less depressed. Pressure from parental demands, involvement in loyalty conflicts, and concern/responsibility for siblings were not found to be significant predictors of adjustment. Moreover, it should be noted that none of the divorce-related hassle factors were found to predict the adolescents' self concept ratings (see Table 3c).

The final series of regressions examined the mediating influence of both the occurrence of major life events within the preceding 24 month time period and the utilization and perceived helpfulness of social support on adolescent adjustment. As the perception and impact of major life events may be significantly mediated by social support (e.g., Dohrenwend, 1978; Hirsch, 1980), in these analyses both the scores on the LES-R and the frequency and helpfulness factors of the SSS were included as predictor variables. Separate analyses were conducted for each of the two time periods examined in the LES-R (i.e., during the preceding 0-12 months and 13-24 months).

Analyses revealed that the utilization of one's self and both the utilization and perceived helpfulness of one's family members as social supports were consistently related to adolescent adjustment. That is, adolescents who relied more on themselves reported significantly more positive feelings of self worth and personal adequacy. Those who more frequently turned to family members for support rated themselves as

being more anxious, depressed, and hostile and as having more negative feelings about themselves personally. It is important to note, however, that subjects who rated family supports as being more helpful also rated themselves as being less depressed (see Table 3d).

Similar analyses examining the relationship between adjustment and both the divorce-specific support factors of the SSS-Parental Divorce and the scores on the LES-R were also conducted. In general, the pattern of results in these analyses were not consistent with those described above. Results showed that the frequency of utilization of family support as well as the number of experienced life events rated as positive were significantly related to better feelings about oneself as a family member. Adolescents who more frequently turned to their peers for support in dealing with their parents' divorce viewed themselves as less adequate in social relationships. No other variables proved to be significant predictors of adjustment across the two time periods examined (see Table 3e).

Discussion

The results of this study underscore the importance of examining the personal and situational factors which may influence the post-divorce adjustment of individuals, particularly adolescents, when attempting to understand the consequences of this life transition (Dohrenwend, 1978; Felner, Farber, & Primavera, 1980). A variety of demographic factors, personal characteristics, and situational circumstances were shown to play important mediating roles in the overall adjustment of college students whose parents had separated during their early or late adolescence.

Of particular interest are a set of findings related to the influence of distance from home on adolescent post-divorce adjustment. While common folklore dictates that it may be best to have the children "away at school" during or after their parents' separation, the results of this study indicate that this may not, in fact, be the best or even a good strategy. Indeed, adolescents living further from home were found to have higher levels of anxiety, depression, and hostility as well as more negative self concepts. It may be that being farther from home serves to increase the adolescents' uncertainty and confusion about what is happening at home and/or may make the needed social support from family members more difficulty to obtain, rather than, as has been often thought, acting as a protective buffer from the divorce-related stress. Whatever the case, it is clear that being away from home does not always serve to decrease the stress and difficulty associated with parental divorce but, in fact, may have quite the opposite effect.

In contrast to the results of previous studies (Hetherington, 1972; Landis, 1960), neither the adolescents' age at the time of the parental separation nor the number of years since the event were found to be consistently related to their post-divorce adjustment. Certainly, some part of the differences between the findings of this study and previous ones may be due to differences in adjustment criteria employed. However, both of these demographic variables were significant predictors of adolescents' perceptions of family cohesiveness and levels of control, dimensions of family environment which, in turn, were found to be important mediators of adolescent adjustment. Thus, the significant

associations between levels of adjustment and age at the time of parental separation or the number of years since the event found in the earlier studies (Hetherington, 1972; Landis, 1960) may, in part, be accounted for by their relationship to levels of family cohesion and control. That is, it may not simply be the child's age at the time of the event or the amount of time which followed it which influenced adjustment in the previous studies but, rather, the ways in which these factors contributed to the shaping of post-divorce family environment and functioning which, in turn, more directly impacted the child's adjustment. Given the apparent significance of these factors for mediating the adaptation of children experiencing parental divorce, more attention to this link is necessary if we are to more fully understand the processes underlying the differential vulnerability of these children.

In keeping with the association between sex and differential responses to parental divorce found with younger children (Hetherington et al., 1978; McDermott, 1968; Wallerstein & Kelly, 1975), female adolescents in this study were found to be more anxious and depressed than their male counterparts. However, examination of specific subcomponents of self concept revealed that female students had more positive personal self concepts, thinking more highly of themselves as individuals apart from their relationship with others. Such a finding underscores the importance of utilizing a multi-trait, multi-measure assessment strategy to explore the impact of divorce. By employing such strategies we may avoid oversimplified and erroneous generalizations concerning whether adaptation to parental divorce is "easier" or "more difficult" for certain groups of children.

Similarly, an examination of the effects of parental remarriage on aspects of adolescent self concept revealed that different dimensions of self concept may be affected in different ways. Students whose parents had remarried were found to have more positive feelings of adequacy and worth in social interactions with other people in general, while those whose parents remained single had more positive views of themselves as individuals. This latter finding contrasts with that reported by Young and Parish (1977) for a similar age, though all female, sample, and again points to the importance of considering both the populations examined and the instruments utilized when comparing the results of various studies. What does seem clear, nonetheless, is that the marital status of an adolescent's divorced parents is a key mediator of adaptation in some spheres of adjustment.

The personal coping styles of the adolescents were also found to significantly influence their adjustment. Adolescents who more often responded to difficult situations in general, and to parental separation in particular, by blaming or criticizing themselves, had higher levels of anxiety, depression, and hostility. Further, the overall pattern of results revealed the importance of examining, not only the particular coping style utilized, but also the context in which it occurred in order to understand the relationship between coping style and level of adaptation. For example, the strategy of making light of the situation in response to parental separation was associated with higher levels of anxiety, but when used in response to more general life situations it predicted lower levels of anxiety. These results also point up the

methodological limitations of previous work (e.g., Luepnitz, 1979) which merely enumerated the coping strategies employed by adolescents in response only to parental divorce and argued that individuals who used a greater number of strategies, regardless of their nature, were better "copers."

As noted above, among the potential environmental variables examined family cohesiveness played a key role in adolescents' attempts at resolution of this life transition. Subjects who rated their families as less cohesive were found to be more anxious and to have more negative feelings about themselves as family members. Further, consistent with these findings, stress associated with divorce-specific hassles of family reorganization and conflict proved to be negatively related to post-divorce levels of adjustment. Students who reported higher levles of stress in dealing with family conflict and reorganization experienced greater levels of anxiety, depression, and hostility. Taken together, these findings support research on younger children in families experiencing divorce (Hetherington et al., 1978) which has emphasized the importance of focusing on divorce-associated tasks and stressors for a more complete understanding of adaptation to this life transition.

In their efforts to deal with the parental divorce and the occurrence of stressful life events, the use of family members as social supports was found to be another mediator of adjustment. While students who turned to family members for help and support more frequently in dealing with non-divorce related events had more negative personal self concepts, those whose families were actually perceived to be more helpful social

supports were less depressed. Thus the "quality" of the social support family members offer may be more important than the "quantity" of support sought by adolescents in determining their positive adaptation to this life transition. In addition, the context in which social support was sought was found to be an important consideration. That is, in contrast to the association between greater utilization of family support in general and more negative personal self concepts, when attempting to cope with the divorce itself, the utilization of family members as social supports predicted better feelings about oneself as a family member.

In summary, the data in the present study make it clear that post-divorce adjustment of adolescents is influenced by a number of psychological and situational factors such as distance from home, personal coping sytles, family cohesion, parental remarriage, and the social support of family members. These findings underscore the importance of focusing not only on the "event" itself, but also on the personal and situational resources and stressors which constitute the context of the individual's adaptive efforts. Thus, a life transition framework (Felner, Farber, & Primavera, 1980) which focuses on the entire period of transition and its concomitant life changes and tasks may best mirror the quality of the divorce experience found in this study. Because it provides a more complete understanding of the consequences of divorce for family members, this approach may greatly facilitate efforts to organize preventive or ameliorative efforts for the large numbers of individuals who experience divorce.

Reference Notes

1. Raschke, H. J., & Raschke, V. Family conflict and children's self concepts: A comparison of intact and single parent families. Paper presented at the 72nd annual meeting of the American Sociological Association, September 1977.

2. Hollingshead, A. B. Four Factor Index of Social Status. Unpublished manuscript. Yale University, 1975.

3. Lazarus, R. S. Stress and coping in aging: A general plan for research analysis. Unpublished manuscript. University of California, Berkeley, 1978.

References

Bane, M. J. Marital disruption and the lives of children. In G. Levinger & O. C. Moles (Eds.), Divorce and separation: Content, causes, and consequences. New York: Basic Books, 1979.

Burchinal, L. G. Characteristics of adolescents from unbroken, broken, and reconstituted families. Journal of Marriage and the Family, 1964, 26, 44-51.

Cauce, A. M., Felner, R. D., & Primavera, J. Social support in high risk adolescents: Structural components and adpative impact. American Journal of Community Psychology, in press.

Dohrenwend, B. Social stress and community psychology. American Journal of Community Psychology, 1978, 6, 1-14.

Farber, S. S. Parental separation/divorce and college students: Impact and adaptation. Unpublished doctoral dissertation, Union Graduate School, 1980.

Felner, R. D., Farber, S. S., Ginter, M. A., Boike, M. F., & Cowen, E. L. Family stress and organization following parental divorce or death. Journal of Divorce, 1980, 4, 67-76.

Felner, R. D., Farber, S. S., & Primavera, J. Children of divorce, stressful life events and transitions: A framework for preventive efforts. In R. H. Price, R. F. Ketterer, B. C. Bader, & J. Monahan (Eds.), Prevention in mental health: Research, policy, and practice. Beverly Hills, Calif.: Sage, 1980.

Fitts, W. H. Tennessee Self-Concept Scale. Nashville: Counselor Recordings and Tests, 1965.

Glick, P. C., & Norton, A. J. Marrying, divorcing, and living together in the U.S. today. Population Bulletin, 1977, 32, No. 5.

Hainline, L., & Feig, E. The correlates of childhood father absence in college-aged women. Child Development, 1978, 49, 37-42.

Harris, R. J. A primer of multivariate statistics. New York: Academic Press, 1975.

Hetherington, E. M. Effects of father absence on personality development in adolescent daughters. Developmental Psychology, 1972, 7, 313-326.

Hetherington, E. M. Divorce: A child's perspective. American Psychologist, 1979, 34, 851-865.

Hetherington, E. M., Cox, M., & Cox, R. The aftermath of divorce. In J. H. Stevens, Jr. & M. Mathews (Eds.), Mother/child father/child relationships. Washington, D.C.: National Association for the Education of Young Children, 1978.

Hirsch, B. J. Natural support systems and coping with major life changes. American Journal of Community Psychology, 1980, 8, 159-172.

Hocking, R. R. The analysis and selection of variables in linear regression. Biometrics, 1976, 32, 1-50.

Landis, J. T. The trauma of children when parents divorce. Marriage and Family Living, 1960, 22, 7-13.

Lazarus, R. S., & Launier, R. Stress-related transactions between person and environment. In L. A. Pervin & M. Lewis (Eds.), Perspectives in interaction psychology. New York: Plenum, 1978.

Longfellow, C. Divorce in context: Its impact on children. In G. Levinger & O. C. Moles (Eds.), Divorce and separation: Context, causes, and consequences. New York: Basic Books, 1979.

Luepnitz, D. A. Which aspects of divorce affect children? The Family Coordinator, 1979, 28, 79-85.

McCubbin, H. I., Boss, P. G., Wilson, L. R., & Dahl, A. Family Coping Inventory. Minneapolis: University of Minnesota, 1979.

McDermott, J. F., Jr. Parental divorce in early childhood. American Journal of Psychiatry, 1968, 124, 118-126.

Moos, R. H. The social climate scales: An overview. Palo Alto, Calif.: Consulting Psychologists Press, 1974.

National Center for Health Statistics. Divorces: Analysis of changes, U.S., 1969. Vital and health statistics, Series 21, No. 22. Washington, D.C.: U.S. Government Printing Office, 1973.

National Center for Health Statistics. Summary report, final divorce statistics, 1975. Monthly vital statistics report, Vol. 26, No. 2, Supplement. Washington, D.C.: U.S. Government Printing Office, 1977.

Raschke, H. J. Family structure, family happiness and their effect on college students' personal and social adjustment. Conciliation Courts Review, 1977, 15, 30-33.

Sarason, I. G., Johnson, J. H., & Siegel, J. M. Assessing the impact of life changes: Development of the Life Experience Survey. Journal of Consulting and Clinical Psychology, 1978, 46, 932-946.

Spielberger, C. D., Gorsuch, R. L., & Lushene, R. E. Spielberger State-Trait Anxiety Inventory. Palo Alto, Calif.: Consulting Psychologists Press, 1970.

Wallerstein, J. S., & Kelly, J. B. The effects of parental divorce: The adolescent experience. In E. J. Anthony & C. Koupernik (Eds.), The child in his family: Children at psychiatric risk (Vol. 3). New York: Wiley, 1974.

Wallerstein, J. S., & Kelly, J. B. The effects of parental divorce: The experiences of the preschool child. Journal of American Academy of Child Psychiatry, 1975, 14, 600-616.

Young, E. R., & Parish, T. S. Impact of father absence during childhood on the psychological adjustment of college females. Sex Roles, 1977, 3, 217-227.

Zuckerman, M., & Lubin, B. Multiple Affect Adjective Checklist. San Diego, Calif.: Edits Publishers, 1965.

Table 1a

Stepwise Multiple Regression of Adjustment Indices by Background Characteristics: Overall Models and Significant Predictors[1]

	Total R^2	Beta	R^2 Increment	F
STAI: SANX				
Overall model	.27			4.43***
Age		7.46	.07	9.14**
Distance from home		1.12	.07	5.48*
Age at separation		-6.21	.04	6.55**
Years since separation		-6.11	.03	5.76**
Parental remarriage		-3.90	.06	4.26*
STAI: TANX				
Overall model	.16			5.95**
Sex		5.01	.10	5.97**
Distance from home		1.28	.06	4.14*
MAACL: ANX				
Overall model	.15			10.86***
Distance from home		.96	.15	10.86***
MAACL: DEPRESS				
Overall model	.15			5.32**
Sex		3.41	.09	4.97*
Distance from home		.94	.06	4.13*
MAACL: HOSTIL				
Overall model	.10			6.95*
Distance from home		.80	.10	6.95*
TSCS: MOR				
Overall model	.06			4.22*
Age		.91	.06	4.22*
TSCS: PER				
Overall model	.26			5.22***
Sex		2.10	.09	4.90*
Distance from home		- .70	.06	6.22**
SES		2.01	.05	5.50*
Parental remarriage		-2.45	.06	6.53**
TSCS: SOC				
Overall model	.08			5.20*
Parental remarriage		1.91	.08	5.20*

[1] Adjustment indices which were included in the analyses but for which no significant overall models were found include TSCS: PHYS, FAM and PSCORE.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 1b

Stepwise Multiple Regression of Family Environment Dimensions by Background Characteristics: Overall Models and Significant Predictors[1]

	Total R^2	Beta	R^2 Increment	F
FES: COH				
Overall model	.23			6.16***
Age		4.98	.09	5.06*
Age at separation		-6.78	.04	9.69**
Years since separation		-6.61	.10	8.43**
FES: EXPRESS				
Overall model	.12			8.57**
Age at separation		- .69	.12	8.57**
FES: CONF				
Overall model	.18			6.95***
Sex		3.33	.11	5.04*
SES		-3.50	.07	6.57**
FES: INDEP				
Overall model	.06			3.98*
Age at separation		- .35	.06	3.98*
FES: INTCULT				
Overall model	.11			7.89**
SES		3.27	.11	7.89**
FES: MORREL				
Overall model	.07			4.95*
Age		-1.01	.07	4.95*
FES: ORGAN				
Overall model	.28			8.10***
Age		- .92	.12	6.42**
Sex		-2.48	.09	6.80**
Parental remarriage		2.74	.07	7.84**
FES: CONT				
Overall model	.12			2.84*
Age		-4.48	.04	5.32*
Age at separation		4.57	.03	5.71*
Years since separation		4.31	.05	4.65*

[1]FES variables which were included in the analyses but for which no significant overall models were found include ACHIEVE and RECREAT.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 1c

Stepwise Multiple Regression of Hassles of Daily Living Survey by Background Characteristics

Overall Models and Significant Predictors[1]

	Total R^2	Beta	R^2 Increment	F
ACADEMIC DEMANDS				
Overall model	.06			3.92*
Parental remarriage		-2.69	.06	3.92*
DISCRIMINATION				
Overall model	.09			5.98**
Age		.36	.09	5.98**
RELOCATION ADJUSTMENT				
Overall model	.11			7.33**
Distance from home		.39	.11	7.33**
FINANCIAL				
Overall model	.08			5.00*
Parental remarriage		-1.47	.08	5.00*
PRIVACY				
Overall model	.13			8.90**
Sex		.75	.13	8.90**
ISOLATION				
Overall model	.06			4.08*
Age		.57	.06	4.08*

[1] Hassles of Daily Living Survey factors which were included in the analyses but for which no significant overall models were found include CONFLICTS WITH PARENTS, INTERPERSONAL DIFFICULTIES, JOB ADJUSTMENT and SOCIAL PRESSURE.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 1d

Stepwise Multiple Regression of Hassles of Parental Divorce Survey by Background Characteristics: Overall Models and Significant Predictors[1]

	Total R^2	Beta	R^2 Increment	F
FAMILY REORGANIZATION/CONFLICT				
Overall model	.09			6.16**
Age		.86	.09	6.16**
FAMILY RECONSTITUTION				
Overall model	.45			50.69***
Parental remarriage		2.37	.45	50.69***
PARENTAL DEMANDS				
Overall model	.08			5.81**
Age		.25	.08	5.81**
LOYALTY CONFLICTS				
Overall model	.13			9.66**
Age		.43	.13	9.66**

[1] Hassles of Divorce Survey factor SIBLINGS was included in the analyses, but no overall significant model was found.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 2a

Stepwise Multiple Regression[1] of Adjustment Indices by Coping Response Repertoire Factors: Overall models and Significant Predictors[2]

	Total R^2	Beta	R^2 Increment	F
STAI: TANX				
Overall model	.56			6.25***
INTROJECTION OF BLAME		.56	.39	16.45***
MAKE LIGHT OF SITUATION		- .32	.06	5.66*
EXPRESS FEELINGS		- .53	.06	10.66***
DISPLACEMENT		.49	.05	10.75***
MAACL: ANX				
Overall model	.43			4.09***
INTROJECTION OF BLAME		.20	.31	8.69**
MAKE LIGHT OF SITUATION		- .16	.07	5.11*
PROBLEM SOLVE		- .28	.05	9.34**
MAACL: DEPRESS				
Overall model	.31			2.78**
INTROJECTION OF BLAME		.26	.26	5.10*
MAKE LIGHT OF SITUATION		- .25	.05	4.19*
MAACL: HOSTIL				
Overall model	.26			2.19*
INTROJECTION OF BLAME		.13	.22	3.21 ($p \leq .07$)
PROBLEM SOLVE		- .22	.04	4.41*
TSCS: SOC				
Overall model	.27			2.29*
INTROJECTION OF BLAME		.18	.20	7.77**
EXPRESS FEELINGS		- .18	.07	5.76**

[1]Analyses include sex, current age, SES, distance from home, age at separation, years since separation and parental remarriage as covariates.

[2]Adjustment indices which were included in the analyses but for which no significant overall models were found include STAI: SANX and TSCS: PHY, MOR, PER, FAM and PSCORE.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 2b

Stepwise Multiple Regression[1] of Adjustment Indices by Coping Response Repertoire-Parental Divorce Factors: Overall Models and Significant Predictors[2]

	Total R^2	Beta	R^2 Increment	F
STAI: SANX				
Overall model	.36			3.99***
SEEK INSTRUMENTAL ADVICE/AID		1.23	.36	5.81**
STAI: TANX				
Overall model	.41			3.83***
INTROJECTION OF BLAME		1.00	.32	3.99*
MAKE LIGHT OF SITUATION		1.00	.05	4.24*
FORMAL SUPPORT		1.56	.04	6.33**
MAACL: ANX				
Overall model	.36			3.43**
INTROJECTION OF BLAME		.59	.31	5.49*
EXPRESS FEELINGS		.60	.05	3.95*
MAACL: DEPRESS				
Overall model	.30			2.97**
INTROJECTION OF BLAME		1.01	.30	6.55**
MAACL: HOSTIL				
Overall model	.37			3.61***
INTROJECTION OF BLAME		.79	.32	10.15**
DISPLACEMENT		.61	.05	4.65*
TSCS: FAM				
Overall model	.25			2.35*
SEEK INSTRUMENTAL ADVICE/AID		.86	.25	6.20**

[1] Analyses include sex, current age, SES, distance from home, age at separation, years since separation and parental remarriage as covariates.

[2] Adjustment indices which were included in the analyses but for which no significant overall models were found include TSCS: PHYS, MOR, PER, SOC and PSCORE.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 3a

Stepwise Multiple Regression[1] of Adjustment Indices by Family Environment Dimensions: Overall Models and Significant Predictors[2]

	Total R^2	Beta	R^2 Increment	F
STAI: SANX				
Overall model	.34			3.64***
CONF		.28	.34	3.81*
STAI: TANX				
Overall model	.40			4.64***
COH		- .61	.40	13.38***
MAACL: ANX				
Overall model	.31			3.18**
COH		- .24	.31	[illegible]
MAACL: HOSTIL				
Overall model	.25			2.04*
INDEP		.34	.19	4.61*
CONT		.26	.06	4.79*
TSCS: PER				
Overall model	.33			3.48**
RECREAT		- .21	.33	4.25*
TSCS: FAM				
Overall model	.33			2.95**
COH		.33	.28	12.11***
INTCULT		- .21	.05	3.71*

[1]Analyses include sex, current age, SES, distance from home, age at separation, years since separation and parental remarriage as covariates.

[2]Adjustment indices which were included in the analyses but for which no significant overall models were found include MAACL: DEPRESS and TSCS: PHYS, MOR, SOC and PSCORE.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 3b

Stepwise Multiple Regression[1] of Adjustment Indices by Hassles of Daily Living Survey Factors: Overall Models and Significant Predictors[2]

	Total R^2	Beta	R^2 Increment	F
STAI: SANX				
Overall model	.38			4.12***
ACADEMIC DEMANDS		.40	.38	6.25**
STAI: TANX				
Overall model	.57			7.91***
ACADEMIC DEMANDS		.63	.47	12.89***
SOCIAL ISOLATION		1.10	.10	13.28***
MAACL: ANX				
Overall model	.42			4.26***
DISCRIMINATION		.67	.37	4.95*
INTERPERSONAL DIFFICULTIES		.71	.05	11.12***
MAACL: DEPRESS				
Overall model	.32			3.21**
DISCRIMINATION		1.50	.32	8.90**
TSCS: PER				
Overall model	.36			3.25**
INTERPERSONAL DIFFICULTIES		- .56	.35	4.52*
SOCIAL ISOLATION		.40	.01	4.31*
TSCS: SOC				
Overall model	.31			2.33*
FINANCE		.33	.21	3.94*
PRIVACY		- .99	.03	5.06*
SOCIAL ISOLATION		.34	.07	4.92*

[1]Analyses include sex, current age, SES, distance from home, age at separation, years since separation and parental remarriage as covariates.

[2]Adjustment indices which were included in the analyses but for which no significant overall models were found include MAACL: HOSTIL, TSCS: PHYS, MOR, FAM and PSCORE.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 3c

Stepwise Multiple Regression[1] of Adjustment Indices by Hassles of Divorce Survey Factors: Overall Models and Significant Predictors[2]

	Total R^2	Beta	R^2 Increment	F
STAI: TANX				
Overall model	.37			4.08***
FAMILY REORGANIZATION/CONFLICT		.85	.37	10.06**
MAACL: ANX				
Overall model	.31			3.20**
FAMILY REORGANIZATION/CONFLICT		.38	.31	8.21**
MAACL: DEPRESS				
Overall model	.32			2.86**
FAMILY REORGANIZATION/CONFLICT		.55	.27	6.57**
FAMILY RECONSTITUTION		-1.16	.05	3.79*
MAACL: HOSTIL				
Overall model	.25			2.34*
FAMILY REORGANIZATION/CONFLICT		.36	.25	6.59**

[1]Analyses include sex, current age, SES, distance from home, age at separation, years since separation and parental remarriage as covariates.

[2]Adjustment indices which were included in the analyses but for which no significant overall models were found include STAI: SANX, TSCS: PHYS, MOR, PER, FAM, SOC and PSCORE.

*$p \leq .05$
**$p \leq .01$
***$p \leq .001$

Table 3d

Stepwise Multiple Regression[1] of Adjustment Indices by Life Events Survey and Survey of Social Support Factors: Overall Models and Significant Predictors[2]

	LES-R1 (0-12 months)				LES-R2 (13-24 months)			
	Total R^2	Beta	R^2 Increment	F	Total R^2	Beta	R^2 Increment	F
STAI: SANX								
Overall model	.38			3.75^{***}	.39			3.84^{***}
PEER (Frequency)		.63	.33	4.71^{*}				
PEER (Helpfulness)		- .83	.05	7.21^{**}				
NUM						.61	.35	6.60^{**}
POS						- .83	.04	5.92^{**}
STAI: TANX								
Overall model	.32			3.19^{**}	.31			3.09^{**}
DIR		- .48	.32	5.76^{**}				
NEG						.52	.31	5.13^{*}
MAACL: ANX								
Overall model	.30			2.96^{**}	.30			2.96^{**}
FAMILY (Frequency)		.42	.30	6.00^{**}		.42	.30	6.00^{**}
MAACL: DEPRESS								
Overall model	.31			2.65^{**}	.31			2.65^{**}
FAMILY (Frequency)		.87	.26	5.83^{**}		.87	.26	5.83^{**}
FAMILY (Helpfulness)		- .55	.05	3.94^{*}		- .55	.05	3.94^{*}
MAACL: HOSTIL								
Overall model	.30			2.53^{***}	.25			2.24^{*}
DIR		- .19	.25	3.91^{*}				
FAMILY (Frequency)		.37	.05	4.47^{*}		.39	.25	4.73^{*}
TSCS: PER								
Overall model	.39			3.83^{***}	.39			3.83^{***}
SELF (Frequency)		1.25	.35	4.78^{*}		1.25	.35	4.78^{*}
FAMILY (Frequency)		- .31	.04	3.74^{*}		- .31	.04	3.74^{*}
TSCS: MOR								
Overall model	.25			2.28^{*}				
POS		.42	.25	8.02^{**}				
TSCS: FAM								
Overall model	.30			2.92^{**}				
POS		.43	.30	10.04^{**}				

[1] Analyses include sex, current age, SES, distance from home, age at separation, years since separation and parental remarriage as covariates.

[2] Adjustment indices which were included in the analyses but for which no significant overall models were found include TSCS: PHYS, SOC and PSCORE.

$^{*}p \leq .05$
$^{**}p \leq .01$
$^{***}p \leq .001$

Table 3e

Stepwise Multiple Regression[1] of Adjustment Indices by Life Events Survey and Survey of Social Support-Parental Divorce Factors: Overall models and Significant Predictors[2]

	LES-R1 (0-12 months)				LES-R2 (13-24 months)			
	Total R^2	Beta	R^2 Increment	F	Total R^2	Beta	R^2 Increment	F
STAI: SANX								
Overall model	.45			3.80***	.37			3.88***
NUM		1.30	.38	5.90**				
TS		- .73	.01	4.54*				
FAMILY (Frequency)		.44	.04	3.30(p≤.07)				
FAMILY (Helpfulness)		- .57	.02	7.33**				
DIR						- .25	.37	3.88*
STAI: TANX								
Overall model	.35			3.61**	.34			3.42**
DIR		- .46	.35	5.55*				
NEG						.48	.34	4.44*
MAACL: HOSTIL								
Overall model	.29			2.77**				
DIR		- .20	.29	4.00*				
TSCS: MOR								
Overall model	.27			2.21*				
NUM		.73	.25	10.41**				
NEG		- .46	.02	4.37*				
TSCS: FAM								
Overall model	.34			3.08**	.27			2.18*
POS		.43	.29	10.43**				
FAMILY (Frequency)		.21	.05	4.31*		.24	.21	4.07*
POS						.21	.06	4.16*
TSCS: SOC								
Overall model	.24			2.17*	.24			2.17*
PEER (Frequency)		- .20	.24	7.52**		- .20	.24	7.52**
TSCS: PSCORE								
Overall model	.39			3.44**				
NUM		1.93	.22	21.36***				
NEG		-1.64	.06	15.65***				
PEER (Frequency)		- .35	.11	3.75*				

[1] Analyses include sex, current age, SES, distance from home, age at separation, years since separation and parental remarriage as covariates.

[2] Adjustment indices included in the analyses but for which no significant overall models were found include MAACL: ANX and DEPRESS and TSCS: PHYS and PER.

*p≤.05
**p≤.01
***p≤.001